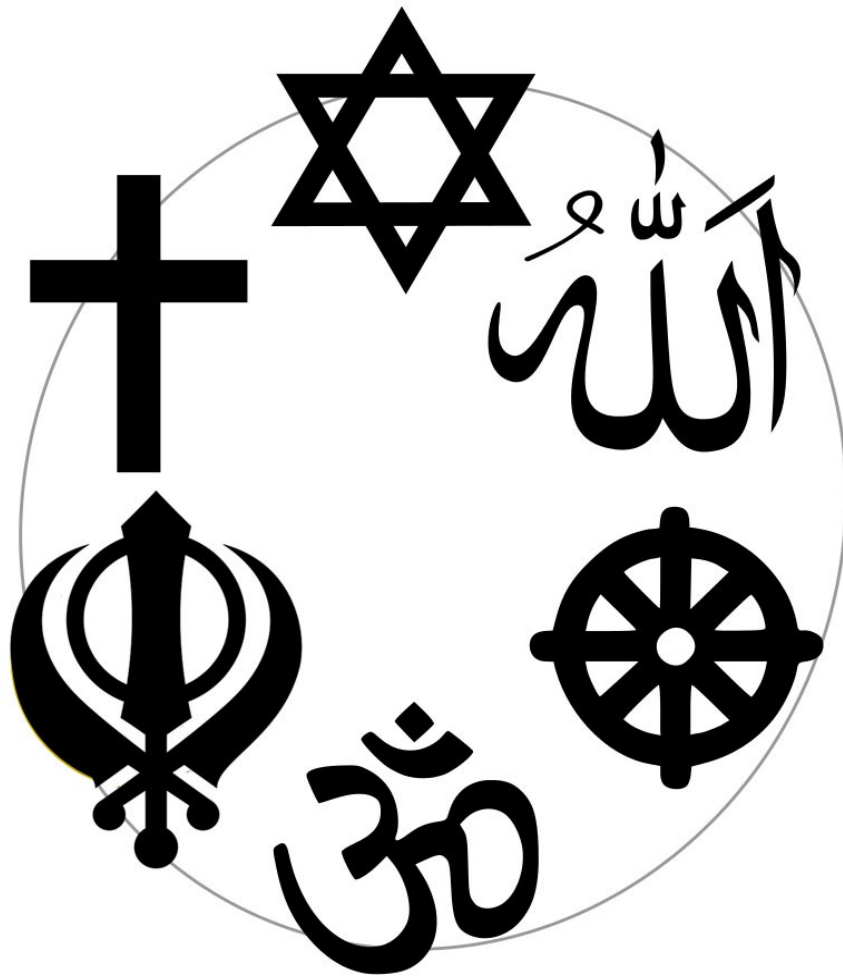


7 NATION PRAYERBOOK



Essential Prayers and Invocations
from the 7 major religions of the world

Hinduism, Buddhism, Islam, Christianity, Judaism
and many more.

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Contents

Why we pray3

Christian Prayers and Inokations.....3

 Keys to Unleashing the Power of Prayer.....3

 Christian Prayers.....4

 Meditating on God`s Presence.....7

Islamic Prayers and Invocations.....7

 About the holy Quran.....7

 Islamic Prayers.....8

 Dhikr - Remembrance of God.....10

 Various Prayers.....11

 Meditating on God`s Presence.....12

 99 Names of God.....13

Vedic Prayers and Invocations.....15

 Meditating on God`s Presence15

 Vedic Prayers.....17

 How to do Japa Meditation.....18

 Vedic Mantras.....19

Buddhist Prayers and Invocations.....22

 Buddhist Prayers.....22

 Buddhist Mantras.....26

Prayers and Inovcations in Sikhism.....28

 About Sikhism.....28

 The Sikh Creed.....29

 Names of God in Sikhism.....30

 Sikh Prayers.....31

Hebrew Prayers and Invocations.....33

 Ana Bekoach.....34

 Blessings.....34

 From the Prayer Book.....35

 Names of God.....37

 Remembrance of God.....38

Persian Prayers and Invocations.....40

 Quotes and Prayers.....41

 101 Names of God42

Last Word.....44

Introduction

The power of words can influence our lives in a positive or negative way. This collection offers positive inspiration for more confidence, love and peace.

Healing words are literally medicine for the soul!

Prayers and invocations offer positive directions to find hope and strength in all situations of life.

They can accompany us through life and remind us of the power that dwells within us. They can help us to live a life full of love.

Immerse yourself in divine consciousness to deepen the contact with your inner soul.

Why we pray

- Praying helps to make decisions
- Praying helps to control emotions
- Praying helps to get free from worries
- Praying helps to get closer to God
- Praying can help to cause miracles
see 1. Samuel 1.1-20; Daniel 10.2-12;
2. Kings 20.1-6

Come near to God and he will come near to you.
(Jak. 4.8)

Christian Prayers and Inokations

Keys to Unleashing the Power of Prayer

1. Quiet Your Mind and Limit Distractions.
2. Ask for help to put yourself in presence of God
3. Go Slowly if possible. (pronounce clearly without rushing)

Reference: <https://onehailmaryatatime.com/blog/6-keys-to-unleashing-the-power-of-the-rosary>

Christian Prayers

- **The Lord's Prayer**

Our Father in heaven,
Hallowed be your name.
Your kingdom come.
Your will be done,
On earth as it is in Heaven.
Give us today our daily bread.
Forgive us our sins,
As we forgive those who sin against us.
Lead us not into temptation,
But deliver us from evil.
For the Kingdom, the power
And the glory are Yours
Now and for ever. Amen

- **Hail Mary**

Hail Mary, full of grace,
the Lord is with you;
blessed are you among women,
and blessed is the fruit of your womb,
Jesus.
Holy Mary, Mother of God,
pray for us sinners
now and at the hour of our death.

- **Lamb of God**

Lamb of God, Who take away the sins of the world,
spare us, O Jesus!

Lamb of God, Who take away the sins of the world,
graciously hear us, O Jesus!

Lamb of God, Who take away the sins of the world,
have mercy on us, O Jesus!

Reference: <https://www.catholicgallery.org/prayers/litany-to-jesus/>

- **Jesus Prayer**

"Lord Jesus Christ, Son of God, have mercy on us."

To pray "Jesus" is to invoke him and to call him within us.

Reference: en.wikipedia.org/wiki/Jesus_Prayer

- **Litany "Lord, you invite us"**

Lord you invite us
You invite us to the meal
You bring us the Life
You know our hunger
You want to satisfy us

To you ,Lord, we give thanks.

The Bread of Life that we need
The Light, Orientation in the dark
The Shepherd supplying life
The Way to the Future of God
The Truth that opens us up to God
The Life that fulfils all our hunger

To you, Lord...

King of all Nations
King of Peace
King of all Times
King of Glory
Primal Image of Creation
Witness of Truth
Savior of Sinners
Saviour of the World

To you, Lord...

Brother of Men
Redeemer and Saviour
Lord of Life
Light of Men
Bread of Life
Source of Grace
Head of the Church
The Way to the Father

To you, Lord...

Prayer before meals

- **Thank you, God**

Thank you, God
For food and prayer
Teach us how to love and share. Amen

- **God is Great**

God is great.
God is good.
Let us thank Him for our food.
By His hands, we are blessed.
Thank you, Lord, for this daily bread.
Amen

- **Come Lord Jesus**

Come, Lord Jesus, be our guest,
And let this food to us be blessed.
Amen

- **Grace before Meals**

Bless us, O Lord, and these your gifts which we are about to receive from your bounty through Christ our Lord. Amen.

Reference: learnreligions.com/childrens-dinner-prayers-701296

- **Morning Prayer of St Francis**

St Francis of Assisi (1182-1226)

Lord, help me to live this day, quietly, easily;
to lean on your great strength, trustfully, restfully;
to wait for the unfolding of your will, patiently, serenely;
to meet others, peacefully, joyfully;
to face tomorrow, confidently, courageously.

Reference: A Catholic Prayer Book. (www.ignatius-cts.com). P. 15

- **Apostles Creed**

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell;

on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

- **Serenity Prayer**

by Reinhold Niebuhr

God, grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.

Living one day at a time;
enjoying one moment at a time;
accepting hardships as the pathway to peace;
taking, as He did, this sinful world
as it is, not as I would have it;

trusting that He will make all things right
if I surrender to His Will;
that I may be reasonably happy in this life
and supremely happy with him forever in the next.
Amen.

Meditating on God`s Presence

Whoever does not love does not know God, because God is love. 1 John 4:8

God is love. Whoever lives in love lives in God, and God in them. 1 John 4:16

And God said to Moses, "I am who I am." Exodus 3:14

The Lord is gracious and merciful, slow to anger and abounding in steadfast love. The Lord is good to all, and his mercy is over all that he has made. Psalm 145:8-9

And Jesus said to him, "Why do you call me good? No one is good except God alone. Mark 10:18

...and his name shall be called Wonderful Counselor, Mighty God, Everlasting Creator, Prince of Peace. Isaiah 9:6

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, Galatians 5:22

One God and Creator of all, who is over all and through all and in all. Ephesians 4:6

Oh give thanks to the Lord, for he is good; for his steadfast love endures forever! 1 Chronicles 16:34

This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. 1 John 1:5

The Lord is good, a stronghold in the day of trouble; he knows those who take refuge in him. Nahum 1:7

Islamic Prayers and Invocations

About the holy Quran

- **REVELATION OF QURAN**

Muslims believe that the Quran was orally revealed by God to the final prophet, Muhammad- The sacred scripture was transferred through the archangel Gabriel over a period of some 23 years, when Muhammad was 40, and concluding in the year of his death.

Reference: en.wikipedia.org/wiki/Quran

- **THE QURAN CAN NEVER BE TRANSLATED**

What makes the quran so unique is the way it communicates. The way it presents the message is so powerful and so incredible. You see, the quran when it`s translated maybe you get the content of what he says. What you will definitely not get a hundred percent is how he said it! That`s lost...

So the creative beauty, the unique beauty, the words of revelation can not be translated. Something from the meaning can be translated but the actual impact that the original words have nothing else can have.

Reference: youtube.com/watch?v=8crMYN0SNSk

FURTHER LINKS

Quran in original language –
archive.org/details/quranwithbigfont/mode/2up

Islamic Prayers

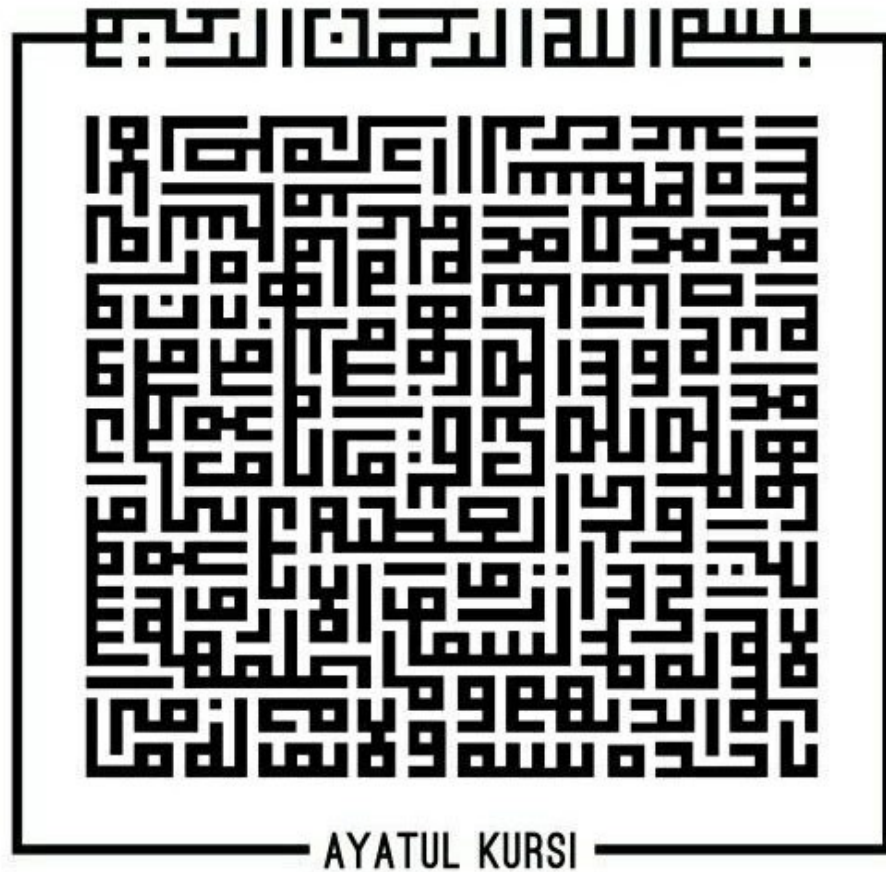


Illustration: Ayat Ul Kursi (The Throne-Vers) as Calligraphy |
Reference: Pinterest

Ayat Ul Kursi

(The Throne Verse; From the holy Quran 2.255)

Allaahu laa ilaaha illaa huwal hayyul qayyuum

God: there is no god but Him, the Ever Living, the Self-sustaining.

Laa ta` khudhu-huu sinatuw-wa laa nawm

Neither slumber nor sleep overtakes Him.

lahuu maa fis-samaawaati wa maa fil ard

All that is in the heavens and in the earth belongs to Him.

Man dhal ladhee yashfa`u `indahuu illaa bi idhnih

Who is there that can intercede with Him except by His leave?

Ya`lamu maa bayna aydeehim wa maa khalfahum

He knows what is before them and what is behind them,

wa laa yuHee Tuuna bi shay`im min `ilimihii illaa bi maa shaa`

but they do not comprehend any of His knowledge except what He wills.

wasi`a kursiyyu-hus-samaawaati wal ard

His throne extends over the heavens and the earth;

Wa la ya`uduhu hifdhuhuma

it does not weary Him to preserve them both.

wa huwal-`aliyyul-`adhim.

He is the Most High, the Tremendous.

Audio Sample: youtube.com/watch?v=TTEndvREBbA

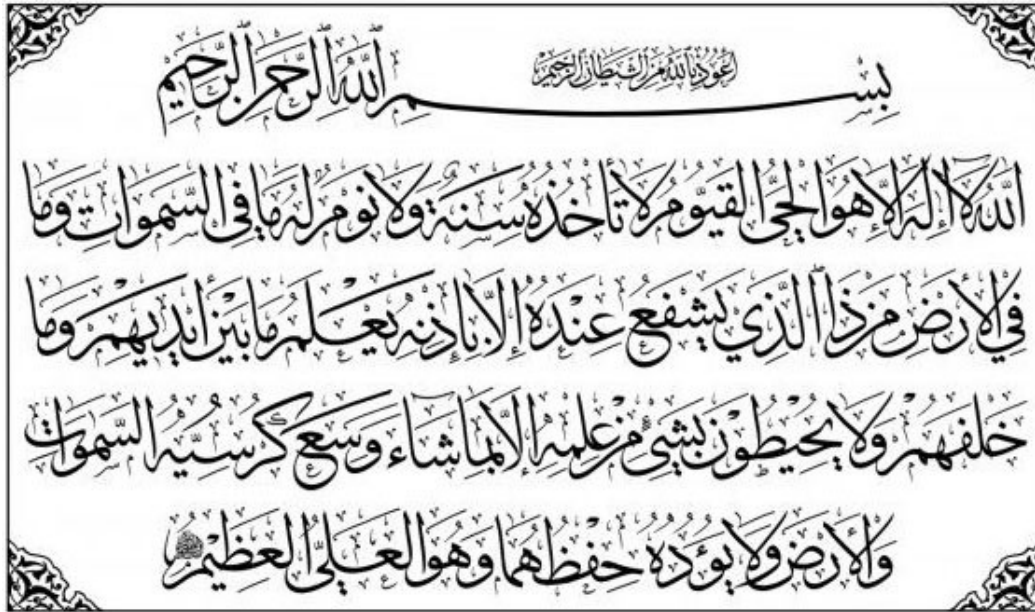


Illustration: Ayat Ul Kursi in framed border with Thuluth calligraphy | Reference: Pinterest

Sure Al-Ikhlâs

(Purity of Faith; from the holy Quran Chapt. 112)

Bismillah-ir-Rahman-ir-Rahim (The first verse of the Quran)

In the Name of Allah, the Most Gracious, the Most Merciful

1. Qul Huwa-Allahu Ahad

Say, "He is Allah, He is One,

2. Allahus-Samad

Allah, the Eternal Refuge

3. Laem yalidu wa laem yulad

He neither begets nor is born,

4. Wa laem yakun lahu kufuan ahad

And there is none comparable to Him.

Audio Sample: youtube.com/watch?v=JD30A6_DW7E

About Surah al Ikhlas

Surah al Ikhlas is one of the best ways of pleasing Allah and seeking Allah`s forgiveness. Recitation of this surah is equal to the recitation of one-third of the Quran.

Reference: en.wikipedia.org/wiki/Al-Ikhlâs

Surah An-Nas

(The Men; from the holy Quran Chapt. 114)

Bismillaah-ir Rahmaan-ir Raheem

In the name of Allah, Most Gracious, Most Merciful.

1. Qul a'oozu birabbin naas

Say: I seek refuge with the Lord and Cherisher of Mankind,

2. Malikin naas

The King (or Ruler) of Mankind,

3. Ilaahin naas

The god (or judge) of Mankind,-

4. Min sharri waswasil khannaas

From the mischief of the Whisperer (of Evil), who withdraws (after his whisper)

5. Allazee yuwaswisu fee sudoorin naas

(The same) who whispers into the hearts of Mankind,-

6. Minal jinnati wannaas

Among Jinns and among men.

Audio Sample: www.quran411.com

Dhikr - Remembrance of God

Subhan Allahi Wa Bihamdihi Subhan Allahil-Azeem

(100x)

Meaning (English Translation)

Glory be to Allah and by His praise

The Messenger of Allah said: "Whoever says, 'Subhan Allah wa bihamdihi', one hundred times a day, will be forgiven all his sins even if they were like the scum of the sea,"
[Sahi Bukhari 6405]

Here are some of the main benefits:

- Sins (negative behaviors) are removed
(Approach the highest to detach from the lowest!)
- Love for Allah increases
- Allah will love you for these words
- Faith in Allah gets strengthened
- Difficult tasks turn into easy ones

Reference: pakrush.com/2020/09/subhanallahi-wa-bihamdihi-meaning-benefits.html

Audio Sample: youtube.com/watch?v=0Z8H03BJVa8

Subhan Allah, Al Hamdu Lillah, Allahu Akbar (34x)
La Illaha Illa Allah (Recite 1 Time)

- **SUBHAN ALLAH** (Glory be to Allah)

ALLAH IS PERFECT IN EVERY SENSE OF THE WORD.
WITHOUT ANY WEAKNESS, DEFECT OR IMPERFECTION.

- **AL HAMDU LILLAH** (Praise be to Allah.)

MEANS ALL PRAISE AND THANKS BELONG TO ALLAH ALONE.
BECAUSE HE IS THE ORIGINATOR OF EVERYTHING!

EVERYTHING IN CREATION IS ABIDING BY HIS LAWS AND
HAPPENING WITH HIS PERMISSION. IF HE DID NOT ALLOW IT,
THEN IT WOULD NEVER HAVE TAKEN PLACE.

- **ALLAHU AKBAR** (Allah is Great)

ALLAHUAKBAR MEANS THAT ALLAH IS
GREATER THAN EVERYTHING ELSE

- **LA ILAAHA ILLA ALLAH** (There is no god except Allah)

Reference: thethinkingmuslim.com/2015/11/17/brief-meanings-of-subhanallah-alhamdulillah-allahu-akbar-and-la-ilaaha-illa-allah/

Audio Sample: youtube.com/watch?v=qusRR2j9S3Q

Various Prayers

- **Prayer from the movie the 13th warrior**

Merciful Father,

for all we ought to have thought, and have not thought;
all we ought to have said, and have not said;
all we ought to have done, and have not done;
I pray thee God for forgiveness.

Reference: en.wikiquote.org/wiki/The_13th_Warrior

- **Supplication (Dua) before Eating**

Bismillahi Wa Barakatillah

Translation: With Allah`s Name and with the blessings of Allah.

Audio Sample: youtube.com/watch?v=6yYxvs7C4sw

- **Praise after Eating**

Arabic: Alhamdulillah - English: Praise be to Allah.

- **Prayer for the sick**

When someone suffers for wrong doing and ill-will,

Say: "Yarhamu kallah"

Translation: May Allah have mercy on you.

Audio Sample: youtube.com/watch?v=m8Km7LS-olY

- **Asking for forgiveness**

Astaghfirullah

Translation: I ask Allah to forgive me
(to be sorry for a bad action)

Audio Sample: youtube.com/watch?v=4uhvOBi1Dzo&t=22s
youtube.com/watch?v=09HX63axYXU

Meditating on God`s Presence

2.257 Allah is the Protector of those who believe. He brings them out of the depths of darkness into the light.

4.126 To Allah belongs what is in the heavens and what is in the earth. Allah encompasses everything.

14.7 Recall the time when your Lord declared, "If you are thankful, I will increase my blessings upon you."

18.10 "Our Lord, bless us with mercy from Your own and provide us with guidance in our matters."

20.114 ...say, "My Lord, increase me in knowledge."

23.78 And He is the One who created for you ears and eyes and hearts. Little thanks it is you give!

23.118 My Lord, forgive and have mercy, and You are the best of the merciful.

24.35 Allah is the Light of the heavens and the earth.

24.35 Light upon light. Allah guides to His light whom He wills.

42.30 And whatever of misfortune befalls you, it is because of what your hands have earned. And He pardons much.

57.1 All that is in the heavens and the earth proclaims Allah`s purity, and He is the Mighty, the Wise.

57.2 To Him belongs the Kingdom of the heavens and the earth. He gives life and brings death, and He is Powerful to do anything.

59.22. He is Allah, besides whom there is no god, the Knower of the unseen and the seen. He is All-Merciful, Very-Merciful.

59.24. He is Allah, the Creator, the Inventor, the Shaper. His are the Most Beautiful Names. His purity is proclaimed by all that is in the heavens and the earth, and He is the All-Mighty, the All-Wise.

DUA: Allahumma Innaka Afuwwun, Tuhibbul Afwa Fa`Fu Anni.

O Allah, You are most forgiving, and you love forgiveness; so forgive me.

99 Names of God

The first pillar of imaan (faith) in Islam is Belief in Allah. As Muslims, we believe in Allah in accordance with His beautiful names and attributes. Allah has revealed His names repeatedly in the Holy Quran primarily for us to understand who He is.

Praying and chanting the names of Allah will help us to identify the correct way to believe in Him. There is nothing more sacred and blessed than reciting the names of Allah and living by them. How do we expect to worship, love and trust the almighty Lord, if we don't know who He is?

"And to Allah belong the best names, so invoke Him by them.." (Quran 7:180)

"Allah – there is no deity except Him. To Him belong the best names." (Quran 20:8)

"He is Allah, the Creator, the Inventor, the Fashioner; to Him belong the best names." (Quran 59:24)

Reference: <https://99namesofallah.name>

Audio Sample: [youtube.com/watch?v=FWwwZ8qSM3U](https://www.youtube.com/watch?v=FWwwZ8qSM3U)

Ar-RAHMAAN 1. The All Compassionate	AR-RAHEEM 2. The All Merciful	AL-MALIK 3. The Absolute Ruler
AL-QUDDUS 4. The Pure One	AS-SALAM 5. The Source of Peace	AL-MU'MIN 6. The Inspirer of Faith
AL-MUHAYMIN 7. Guardian, Witness, Overseer	AL-AZEEZ 8. The Victorious	AL-JABBAR 9. The Compeller, The Restorer
AL-MUTAKABBIR 10. The Greates, The Supreme	AL-KHAALIQ 11. The Creator, The Maker	AL-BAARI 12. The Maker of Order
AL-MUSAWWIR 13. The Shaper of Beauty	AL-GHAFFAR 14. The All-Forgiving	AL-QAHHAR 15. Subduer, Ever-Dominating
AL-WAHHAAB 16. The Giver of All	AR-RAZAAQ 17. The Sustainer	AL-FATTAAH 18. The Opener,
AL-ALEEM 19. The Knower of All	AL-QAABID 20. The Constrictor	AL-BASIT 21. The Reliever
AL-KHAFIDH 22. The Reducer, The Abaser	AR-RAFI 23. The Exalter, The Elevator	AL-MU'IZZ 24. The Besotwer of Honours
AL-MUDHIL 25. The Humiliator	AS-SAMEE 26. The Hearer of All	AL-BASEER 27. The All-Seeing
AL-HAKAM 28. The Judge	AL-ADL 29. The Just	AL-LATEEF 30. The Subtle One
AL-KHABEER 31. The All-Aware	AL-HALEEM 32. The Most Forbearing	AL-AZEEM 33. The Magnificent
AL-GHAFOOR 34. The Forgiver, Hider of Faults	ASH-SHAKOOR 35. The Most Appreciative	AL-ALEE 36. The Most High, The Exalted

AL-KABEER 37. The Greatest	AL-HAFEEZ 38. The Preserver	AL-MUQEET 39. The Nourisher
AL-HASEEB 40. The Accounter	AL-JALEEL 41. The Mighty	AL-KAREEM 42. The Generous
AR-RAQEEB 43. The Watchful One	AL-MUJEEB 44. The Responder to Prayer	AL-WAASI 45. The All-Comprehending
AL-HAKEEM 46. The Perfectly Wise	AL-WADOOD 47. The Most Loving One	AL-MAJEED 48. The Majestic One
AL-BA'ITH 49. The Resurrector	ASH-SHAHEED 50. The Witness	AL-HAQQ 51. The Absolute Truth
AL-WAKEEL 52. The Trustee	AL-QAWI 53. The Possessor of All Strength	AL-MATEEN 54. The Forceful One
AL-WALI 55. The Governor	AL-HAMEED 56. The Praiseworthy	AL-MUHSEE 57. The Appraiser
AL-MUBDI 58. The Originator	AL-MU'ID 59. The Restorer	AL-MUHYEE 60. The Giver of Life
AL-MUMEET 61. The Taker of Life	AL-HAYY 62. The Ever-Living One	AL-QAYYOOM 63. The Self Exisiting One
AL-WAAJID 64. The Perceiver	AL-MAAJID 65. The Glorious One	AL-WAAHID 66. The Only One
AL-AHAD 67. The One	AS-SAMAD 68. The Satisfier of Needs	AL-QADIR 69. The All Powerful
AL-MUQTADIR 70. The Creator of All Power	AL-MUQADDIM 71. The Expediter, The Promoter	AL-MU'AKHKHIR 72. The Delayer

AL-AWWAL 73. The First	AL-AAKHIR 74. The Last	AZ-ZAAHIR 75. The Manifest One
AL-BAATIN 76. The Hidden One, Knower of the Hidden	AL-WAALI 77. The Protective One	AL-MUTA'ALI 78. The Self Exalted
AL-BARR 79. The Source of Goodness	AT-TAWWIB 80. The Guider to Repentance	AL-MUNTAQIM 81. The Avenger
AL-AFU 82. The Forgiver	AR-RA'OOF 83. The Most Kind	MAALIK-AL-MULK 84. The Owner of All
DHUL-JALAALI WAL- IKRAAM 85. The Lord of Majesty & Bounty	AL-MUQSIT 86. The Equitable One	AL-JAAMI 87. The Gatherer, the Uniter
AL-GHANI 88. The Self-Sufficient	AL-MUGHNI 89. The Enricher	AL-MANI 90. The Preventer of Harm
AD-DHARR 91. The Creator of the Harmful	AN-NAFI 92. The Creator of Good	AN-NUR 93. The Light, The Illuminator
AL-HAADI 94. The Guide	AL-BADEE 95. The Originator	AL-BAAQI 96. The Everlasting One
AL-WAARITH 97. The Inheritor of All	AR-RASHEED 98. The Infallible Teacher	AS-SABOOR 99. The Patient One

Vedic Prayers and Invocations

Meditating on God`s Presence

1.1 Sahasra-sheershaa Purusha, Sahasraaksha Sahasra-paat; Sa Bhumim Vishvato-vritwaa, Atyatish-thad Dashaangulam.
(Purusha Sukdam)

That all powerful God has thousand (innumerable) heads, eyes, legs (always and everywhere He possesses the functions of all senses).

And pervading and transcending the entire universe, He is seated in everybody`s heart (the convenient spot to meditate upon God).

Audio Sample: [youtube.com/watch?v=VF3GGUjhp5g](https://www.youtube.com/watch?v=VF3GGUjhp5g)

Commentary: The vedic sages preach non-difference. One who meditates on this verse develops the notion of non-difference between him and others.

In that state, there is no attachment to what is dear and no sense of dislike of what is not dear.

Reference: Abhinavagupta`s Commentary on the Bhagavad Gita. P. 150

- **Brihadar-anyaka-Upanishad 4.3.7**

katam atmeti?

**yo `yam vijnana-mayah pranesu hrday antar-jyotih
purushah | Sa samanah sann ubhau lokav anusamcarati
dhyayativa | lelayativa sa hi svapno bhutvemam lokam
atikramati mrityo rupani (7)**

7 Who is that Self?

The Self, pure awareness, shines as the light within the heart, surrounded by the senses. Only seeming to think, seeming to move, the Self neither sleeps nor wakes nor dreams.

Reference: Easwaran Eknath. Upanishads. P.109

- **Kena Upanishad 1.1-1.8**

**keneshit patati preshitam manah | kena prânâh
prathamah praiti yuktah | keneshitâm vâcam imâm
dadanti | cakshuh shrotram ka u devo yunakti || (1)**

The Student asks,

1 Who makes my mind think?

Who fills my body with vitality?

Who causes my tongue to speak? Who is that

Invisible one who sees through my eyes

And hears through my ears?

The Teacher replies,

**yan manasâ na manute | yenâhur mano matam |
tadeva brahma tvam viddhi | nedam yad idam upâsate ||
(6)**

6 That which makes the mind think but cannot be
Thought by the mind, that is the Self indeed.
This Self is not someone other than you.

**yac cakshushâ na pashyati | yena cakshûmshi pashyati |
tadeva brahma tvam viddhi | nedam yad idam upâsate ||
(7)**

7 That which makes the eye see but cannot be
Seen by the eye, that is the Self indeed.
This Self is not someone other than you.

**yac chrotrena na shrnoti | yena shrotram idam shrutam |
tadeva brahma tvam viddhi | nedam yad idam upâsate ||
(8)**

8 That which makes the ear hear but cannot be
Heard by the ear, that is the Self indeed.
This Self is not someone other than you.

Reference: Easwaran Eknath. Upanishads. P. 213-214

Audio Sample: [youtube.com/watch?v=cGj7NMUOWx4](https://www.youtube.com/watch?v=cGj7NMUOWx4)

- **Mundaka-Upanishad 2.1-2.4**

**yathâ sudîptât pâvakât visphulingâh | sahasrashah
prabhavante sarûpâh | tathâksharâd vividhâh | somya
bhâvâh | prajâyante tatra caivâpiyanti ||(1)**

2.1 Imperishable is the Lord of Love. As from a blazing fire thousands of sparks Leap forth, so millions of beings arise from the Lord of Love and return to him.

**divyo hy amûrtah purushah | sabâhyâbhantaro hyajah |
aprâno hy amanâh shubhro | hy aksharât paratah ||(2)**

2.2 The Lord of Love is above name and form. He is present in all and transcends all. Unborn, without body and without mind, from him comes every body and mind.

**etasmâj jâyate prâno | manah sarvendrayâni ca |
kham vâyur jyotir âpah | prthivî vishvasya dhârinî || (3)**

2.3 He is the source of space, air, fire, water, and the earth that holds us all.

**agnir mûrdhâ cakshushî candrasûryau | dishah shrotre |
vâg vivrtâsh ca vedâh | vâyuh prâno hrdayam vishvam
asya | pâdbhyâm prthivî | hy esha sarvabhûtântarâtmâ
|| (4)**

2.4 Fire is his head, the sun and moon his eyes, the heavens his ears, the scriptures his voice, The air his breath, the universe his heart, and the earth his footrest. The Lord of Love is the innermost Self of all.

Reference: Easwaran Eknath. Upanishads. P. 188-189

Vedic Prayers

- **Invocation**

**Agne Naya Supathâ Rāye Asmān Viśvāni Deva Vayunāni
Vidvān | Yuyodhyasmajjuhurānameno Bhūyisṭhām Te
Namauktiṁ Vidhema ||**

(Ishopanshad 1.18)

O Lord of fire! You know every path. Lead us straight to success. Keep us away from all aberrations. We will offer you highest respect.

Audio Sample: upanishads.org.in/upanishads/1/18

- **Om Asato Ma**

**Om Asato Maa Sad Gamaya; Tamaso Maa Gytir Gamaya:
Mrityor Maa Amritam Gamaya; Om Shanti Shanti Shanti
hi**

(Brihad-aranyaka Upanishad)

Lead us from the unreal to the real;
from darkness (ignorance) to light (knowledge);
and from death to immortality. Let there be peace.

Audio Sample: youtube.com/watch?v=q3NAaSq38g

- **Universal Prayer**

**Om Sarvesham Svastir-Bhavatu
Sarvesham Shantir-Bhavatu
Sarvesham Puurnam-Bhavatu
Sarvesham Mangalam-Bhavatu
Om Shaantih Shaantih Shaantih hi**

Meaning:

Let all beings live in joy!
Let all beings live in peace!
Let all beings live in fullness!
Let all beings live in happiness!
Om Let there be Peace.

Reference: greenmesg.org

- **Gita Praise**

**Namah Pura-stadatha Prish-thataste, Namostute
Sarvata Eva Sarva; Ananta-Viryamita-Vikramas Tvam,
Sarvam Samapnoshi Tato'si Sarvaha.**

(Bhagavad Gita 11.40)

Obeisances to You from the front, from behind and from all sides! O unbounded power, You are the master of limitless might! You are all-pervading, and thus You are everything!

Audio Sample: youtube.com/watch?v=ZfII11j0EvE

How to do Japa Meditation

Japa is the meditative repetition of a mantra or a divine name. It is a practice found in Buddhism, Hinduism, Jainism and Sikhism.

The mantra or name may be spoken softly, enough for the practitioner to hear it, or it may be spoken within the reciter's mind. (en.wikipedia.org/wiki/Japa)

Mantras bring the mind to the present moment and help it enter a meditative state. The standard repetition of a mantra is 108 times. A mala is used for counting as you repeat a mantra, similar to the Catholic rosary. To recite a mantra 108 times is said to help bring higher states of consciousness.

It is believed that through mantra jaap, the devotee attains concentration and focus on the chosen deity or the main idea of the mantra. One can attain peace of mind quickly by chanting mantra. With prolonged and constant practice, the inherent power of the Mantra (Mantra-Shakti) will be awakened, which will fill your very existence with the Divinity of the Mantra.

Practical Aids to Mantra-Japa

- Sit facing east or north during the practice. This enhances the effectiveness of the Jaap.
- Use a rosary of 108 beads.
- Do not chant mantra in haste. Do it slowly with feeling,
- concentration of mind and devotion.
- Keep a picture or idol of the Deity in front of you.

Vedic Mantras

- **Gayatri Mantra**

**OM Bhur Bhuva Svaha | Tat Savitur Varenyam |
Bhargo Devasya Dhimahi | Dhiyo Yo Nah prachodayat ||**

Translation: O Divine Energy of the Universe, bless us with higher intellect and illuminate our mind.

Audio Sample: youtube.com/watch?v=SarITxrAbIY

Introduction

The Gayatri Mantra is from the Rig Veda, which has existed in written form for at least 2500 to 3500 years.

The word Mantra means instrument of thought, sacred text, or a prayer of praise. “Gayatri Mantra” might be translated as: a prayer of praise that awakens the vital energies and gives liberation. And indeed, this is such a prayer. In his book Sadhana, Sri Swami Shivananda wrote:

“Of all the mantras, the supreme and the most potent power of powers is the great, glorious Gayatri Mantra. Reference: rudraksha-ratna.com/blog/gayatri

Benefits of Chanting Gayatri Mantra

- **Benefit 1 - Improves concentration**

It has the potential to improve the natural human powers of concentration, memory, and wisdom

- **Benefit 2 - Negates fear**

It negates the fear of death and focuses your mind only on your well-being.

- **Benefit 3 - Cleanses mind**

It helps cleanse the vibrational burdens of the mind and helps with clarity, decisiveness, and peace of mind.

Reference: mahakatha.com/mantras/gayatri-savitri

- **Namaskaratha Mantra**

(Most Powerful Mantra of Lord Shiva)

Om Namo Hiranya-bahave Hiranya-varnaya Hiranya-rupaya Hiranya-pataye Ambika-pataye. Uma-pataye Pashu-pataye Namoh Namaha.

(Hiranyagarbh Sukta from Rigveda)

Translation: Salutations again and again to Hiranyabahu, Hiranyavarna, Hiranyarupa, Hiranyapati, Ambikapati, Umapati, Pashupati. (Mahanarayanaopanishad)

Audio Sample: [youtube.com/watch?v=DVXDoeFZlak](https://www.youtube.com/watch?v=DVXDoeFZlak)

- **Shiva Pancakshari Mantra**

Chanting Mode 1: Om Namah Shivaaya

Chanting Mode 2: Om Namah Shivaaya Shivaaya Namoh Namah Shivaaya

Meaning: I bow to the supreme being, the auspicious one, i.e. Lord Shiva

Audio Sample: [youtube.com/watch?v=xRm4a57D28Q](https://www.youtube.com/watch?v=xRm4a57D28Q)

- **Maha Mantra**

Hare Krishna Hare Krishna

Krishna Krishna Hare Hare |

Hare Rama Hare Rama

Rama Ram Hare Hare ||

The Maha-mantra (Great Mantra), is a 16-word mantra composed of three names of the Supreme Being, "Hari", "Krishna" and "Rama". It is chanted for God-realization and to achieve a higher level of consciousness.

Audio Sample: [youtube.com/watch?v=u6rTYKVXipY](https://www.youtube.com/watch?v=u6rTYKVXipY)

- **Vishnu Moola Mantra**

Om Namo Naaraayanaaya

Meaning: I salute the Lord, in whom all things abide and who abides in all things.

This mantra calls upon the Supreme Consciousness that is the source of all creation. It can help you realise God`s presence in everything and take you on a journey to discover your own divine origin.

Audio Sample: [youtube.com/watch?v=Hv2I305fZzo](https://www.youtube.com/watch?v=Hv2I305fZzo)

- **Dwadasakshari Mantra**

Om Namo Bhagavate Vaasudevaaya

Meaning: I bow down to the Lord who resides in the hearts of all beings.

The twelve lettered mantra is the Supreme Vishnu Mantra. It is known as a Mukti (liberation) mantra and a spiritual formula for attaining freedom. The mantra can also be found in the Vishnu Purana.

Audio Sample: youtube.com/watch?v=nHZ64xydtYE

- **Om Bhadram no apivataya**

Om bhadram no abhivataya manaha. Om Shantih Shanti Shantih.

Translation: O, Supreme, help us to fix our minds on blissful eternal purity and eternal happiness. Om, peace. (Rigveda)

Audio Sample: youtube.com/watch?v=THZj9tXX6Hc

- **SHREE DAKSHINA KALI MANTRA**

Om Kreem Kreem Kreem Hum Hum Hreem Hreem Dakshine Kalike Kreem Kreem Kreem Hum Hum Hreem Hreem Svaha

Meaning 1: Salutations to the feminine aspect of divinity, god or consciousness - the embodiment of time.

Meaning 2: Om and salutations. I attract the feminine aspect of God who is dark and powerful.

Om represents the sacred sound of the universe. Kreem is the bija mantra associated with the divine energy of Kali. The Mantra Hum is the beeja mantra for removing negative energy. The mantra Hreem is the seed sound of the heart.

Kali comes from the Sanskrit root word Kal which means time.

Svaha is a Sanskrit word meaning the end of a mantra, meaning 'so it be'.

Audio Sample: youtube.com/watch?v=fAw24xGYvWk

Reference: drikpanchang.com/vedic-mantra/mantra-collection.html

- **Mantra before Meals**

The mantra helps to increase the amount of Saatvikta (pureness) in your mind and thoughts and prepares you for having a meal. The Mantra is:

Anna-daataa Sukhi Bhavah

By reciting this mantra with sincerity you are requesting blessings for your food and to remain quiet and peaceful.

Reference: hinduknowledge.com/2020/04/29/do-you-pray-before-eating-food/

Buddhist Prayers and Invocations

Buddhist Prayers

- **GOING FOR REFUGE**

Until I achieve enlightenment I go for refuge to Buddha, Dharma and Sangha. (3x)

- **RECEIVING BLESSINGS**

I prostrate and go for refuge to the Gurus and Three Precious Jewels. Please grant me blessing for body, speech and mind. (3x)

- **GENERATING BODHICHITTA**

Through the virtues I collect by giving and other perfections, May I become enlightened for the benefit of all. (3x)

- **GENERATING THE FOUR IMMEASURABLES**

May all sentient beings possess happiness and its causes,
May they be free from suffering and its causes,
May they never be separated from the happiness
that is without suffering,
May they abide in equanimity, without attachment or aversion.

- **BLESSING**

May they live carefree.
May they live in peace.
May they live at ease.

- **THE NINE-LINE MIGTSEMA PRAYER**

Tsongkhapa, crown ornament of the scholars of
the Land of the Snows,
You are Buddha Shakyamuni and Vajradhara,
the source of all attainments,
Avalokiteshvara, the treasury of unobservable compassion,
Manjushri, the supreme stainless wisdom,
And Vajrapani, the destroyer of the hosts of maras.
O Venerable Guru-Buddha, synthesis of all Three Jewels,
With my body, speech and mind, respectfully I make requests:
Please grant your blessings to ripen and liberate myself and
others, And bestow the common and supreme attainments.

- **MAKING SPECIAL REQUESTS**

Until I attain enlightenment, I go for refuge to the buddhas
of all times. Please pacify my obstacles and bestow upon me
The two attainments of liberating and ripening. Please bless
me so that I will become enlightened,

In which state I shall experience all phenomena as purified and
gathered into emptiness, inseparable from great bliss.

Reference: Geshe Kelsang Gyatso. Modern Buddhism - The Path
of Compassion and Wisdom Volume 3

- **SHO SAI MYO KICHIJO DHARANI**

NA MU SA MAN DA
MO TO NAN O HA RA CHI KO TO SHA SO NO
NAN TO JI TO EN GYA GYA GYA KI GYA KI UN
NUN SHI FU RA SHI FU RA HA RA SHI FU RA HA
RA SHI FU RA CHI SHU SA CHI SHU SA SHU SHI RI
SHU SHI RI SO HA JA SO HA JA SE CHI GYA SHI
RI EI SO MO KO

Dharani for Removing Hindrance

Praise be to all the Buddhas of the three worlds and ten directions. Praise to the incomparable One who can avert all suffering. Praise to the incomparable One who pervades the entire universe and manifests in the threefold body (trikaya).

It is the Light, the Great Light itself. This great light draws all beings into the realm of Buddha and saves them. Thus all evil disappears. Radiant realization occurs, and the power of this Dharani is fulfilled.

Audio Sample: [youtube.com/watch?v=TfGodXgef_Q](https://www.youtube.com/watch?v=TfGodXgef_Q)

- **SEVEN-LIMB PRAYER** (The King of Prayers)

1. Reverently I prostrate with my body, speech, and mind,
2. And present clouds of offering, actual and mentally transformed.
3. I confess all my negative actions accumulated since beginningless time
4. And rejoice in the virtues of all holy and ordinary beings.
5. Please remain until cyclic existence ends
6. And turn the wheel of Dharma for sentient beings.
7. I dedicate all the virtues of myself and others to the great enlightenment.

Commentary

1. PROSTRATION - helps to generate respect for others' good qualities.
2. OFFERING - helps to release clinging; creates delight in giving
3. CONFESSION - helps to generate the four powers
4. REJOICING - the antidote to jealousy
5. ASKING TO BUDDHAS TO REMAIN - the antidote to ignorance
6. REQUESTING DHARMA-TEACHINGS - the antidote to wrong views
7. DEDICATION OF MERIT - accumulated merit expands the more we share it

The Four Powers

1 THE POWER OF SUPPORT - the support is provided by taking refuge

2 THE POWER OF REGRET – generating regret not guilt; the feeling of regret helps to distract the mind from ill-will and wrong doing

3 THE POWER OF RESOLUTION - engaging in remedial action, such as Spiritual Practice

4 THE POWER OF ANTIDOTES – performing Spiritual Practice to purify negative karma

DU SUM SANG YE

PRAYER FOR REMOVING OBSTACLES
AND FULFILLING WISHES

DU SUM SANG JE GU RU RIN PO CHE

Guru Rinpoche, buddha of the three times,

NGO DRUB KUN DAG DE WA CHEN PÖ ZHAB

Dewa Chenpo, lord of all accomplishments and great blissfulness,

BAR CHE KUN SEL DU DUL DRAG PO TSAL

Dudul Dragpo, wrathful, mighty subduer of all negativities, destroyer of all obstacles,

SOL WA DEB SO JIN JI LAB TU SOL

I pray to you. Please bless us

CHI NANG SANG WE BAR CHE ZHI WA DANG

And pacify the outer, inner, and secret obstacles.

SAM PA LHUN JI DRUB PAR JIN JI LOB

Bless us that all our aspirations be spontaneously fulfilled.

Audio-Sample: youtube.com/watch?v=5oRC0asSW9I

PRAYER BEFORE MEAL

- **Short Food Offering Prayer**

"To Buddha, Dharma and Sangha I make this offering – for the benefit of all sentient beings".

- **Food Offering Prayer**

(Translation by Dungse Thinley Norbu Rinpoche)

Om Ah Hoong

TÖN PA LA MAY SANG GYAY RINPOCHAY

The precious Buddha, the supreme lord;

KYOB PA LA MAY DAM CHÖ RINPOCHAY

The precious holy Dharma, the supreme savior;

DREN PA LA MAY GEN DÜN RINPOCHAY

The precious sangha, the sublime spiritual friend.

KYAB NAY KÖN CHOK SOOM LA CHÖ PA BÜL

To you precious Triple Gems, the supreme objects of refuge,
I make offerings.

Reference: phubdorjiwang.com/2019/02/meal-prayer.html

Buddhist Mantras

- **100 Syllable Vajrasattva Mantra**

Om Vajrasattva Samaya | Manupalaya |
Vajrasattva Teno Padishta | Dritho Me Bhava |

Sutokeyu Me Bhava | Supokeyu Me Bhava |
Anurakto Me Bhava | Sarva Siddhi Me Draya |

Sarva Karma Suca Me | Cittam Shreyan Guru Hum |
Ha Ha Ha Ha Ho | Bhagavan Sarva Tathagata |

Vajra Ma Me Muca Vajra Bhava | Maha Samaya Sattva Ah ||

Audio Sample: youtube.com/watch?v=Mg6-tMOabpQ&t=0s

Meaning:

O Vajrasattva, honour the agreement!
May you remain firm in me
Grant me complete satisfaction
Increase the positive within me
Be loving towards me
Grant me all the siddhis
Show me all the karmas (activities)
Make my mind good, virtuous and auspicious!
(The heart essence, seed syllable of Vajrasattva)
O blessed one, who embodies all the Vajra Tathagatas
Do not abandon me
Grant me the realization of the Vajra Nature
O great Samayasattva - Make me one with you

Reference: en.wikipedia.org/wiki/Vajrasattva

- **The Avalokitesvara Mantra**

Om Mani Padme Hum

Translation: Hail to the jewel in the lotus

Audio Sample: youtube.com/watch?v=R-ZO7bsA2pA&t=306s

- **Shakyamuni Mantra**

Om Muni Muni Mahamuni Shakyamunaye Svaha

Translation: Om wise one, wise one, great wise one, to the wise one of the Shakyans, hail!

Audio Sample: youtube.com/watch?v=V6R2ebtC_Ec

- **Green Tara Mantra**

Om Tare Tuttare Ture Soha

Translation: I bow down to Tara the liberator, mother of all the victorious ones.

Audio Sample: youtube.com/watch?v=Z1h3nAFMf3k

- **Namo Tassa Bhagavato**

Namo Tassa Bhagavato Arahato Samma Sambuddhassa

Translation: Honour to the Blessed One, the Exalted One, the fully Enlightened One

Audio Sample: youtube.com/watch?v=vsaBK1PRSSs

- **Prajna Paramita Mantra**

Gate Gate Para Gate Parasam Gate Bodhi Svaha

Translation: Gone, gone, gone beyond. Gone utterly beyond. Enlightenment hail!

Audio Sample: youtube.com/watch?v=-H8Dp1uYXN8

Prayers and Inovcations in Sikhism

About Sikhism

Sikhism or Sikh-Religion (Sikh, 'disciple', 'seeker', or 'learner') is a a indic religion that originated in the Punjab region of the Indian subcontinent around the end of the 15th century CE. Sikhism developed from the spiritual teachings of Guru Nanak, and of the nine Sikh gurus who succeeded him. The collected writings of the Gurus are gathered in the Guru Granth Sahib. Sikhs are neither Muslims nor Hindus. Rather, Sikhism could be understood as a synthesis of both religions.

Reference: en.wikipedia.org/wiki/Sikhism

Guru Nanak

Guru Nanak is depicted in many images as follows:

He wears a cloak that was worn by Pirs (Muslim saints), a janeo (a cord worn by upper caste Hindus), a topi (a cap worn by yogis), a mala (prayer bead), and a tilak (red saffron mark on the forehead) worn by Hindus.

Guru Nanak's clothes caused a sensation wherever he went, because he wore the clothes of different religions and sects. While wearing different clothes, he expressed that there is no difference between Muslims and Hindus, that all serve only one God and all wear His clothes of worship.

Reference: Jodhbir Singh. Sidh Gosht: Guru Nanak and the Secret of Yoga. Introduction.

Siri Guru Granth Sahib

The Siri Guru Granth Sahib is a comprehensive collection of scriptures from various saints, not just from Sikhism. It is the collected, living wisdom of the Divine that begins to vibrate as you read the words.

The content of the written word of the Gurus is mystical and sometimes cannot be understood purely intellectually, by the mind alone.

A book will also always reflect the state of mind of the one who wrote or translated the book. The original wording of the scripture is therefore irreplaceable in order to meditate with the text on a deeper level.

Reference: satnam.de/en/siri-guru-granth-sahib-deluxe-4-volume-set.html

The Gurmukhi Scripture

The entire Guru Granth Sahib is written in the Gurmukhi script. Gurmukhi is the sacred script of the Sikhs.

Gobind Singh, the tenth and last human guru of Sikhism, had the script appointed as his successor in 1708 and elevated to the status of eternal guru.

The scripture is also referred to as the Adi Granth (Original Book).

Important Hymns

Important Sikh prayers are: 1) Japji Sahib (Guru Nanak), 2) Anand Sahib (Guru Amar Das), 3) Sukhmani Sahib (Guru Arjan Dev), 4) Rehras Sahib (Guru Nanak, Guru Ram Das, Guru Arjan Dev).

Related Links

Read and Listen Sri Guru Granth Sahib - youtube.com/watch?v=eqIkMmQ4jdc

Sri Guru Granth Online - www.srigurugranth.org/0001.html

Encylomedia of the Sikhs - sikhiwiki.org/index.php/Main_Page

Guru Granth Sahib in original language - sikhnet.com/files/ereader/SGGS%20%5BGurmukhi%5D.pdf

Famous dialogue in Guru Granth Sahib – en.wikipedia.org/wiki/Sidh_Gosti

The Sikh Creed

The Sikhs believe in the one supreme God who is neither male nor female. The Guru Granth Sahib, the Holy Book, begins with the "Mul Mantar," meaning "Root Mantra." It is the creed:

Ik onkaar

There is only one god

Sat Naam

Truth is his name

Kartaa purakh nirbh-a-o nirvair akaal moorat

He is the Creator, Protector, Without Fear, No Enmity, The First Entity,

Ajoonee Saibhn Gur Prassad. jap.

Never born, Self-perpetuating; With the Guru`s grace: Recite!

Aad sach jugaad sach.

True in the beginning, True Through the Ages,

Hai Bhee Sach Naanak Hosee Bhee Sach.

True even now and says Nanak will be True in the future

Audio Sample: youtube.com/watch?v=WKnOqJaUc5Y&t=88s
youtube.com/watch?v=uuAPRAYdzqg

Names of God in Sikhism

Akal Purakh is an interchangeable Sikh name used to denote God, or the omnipresent divine. Literally it means "a timeless being who never dies."

Ik Onkar, also spelled Ek Onkar, denotes the one supreme reality. It is interpreted as "one and only one, who cannot be compared or contrasted with any other"

Satnam. The words sat means "true/everlasting" and nam means "name". Satnam is referred to God as the Name of God is True and Everlasting. Guru Nanak in his teachings emphasized the need of repeating Sat-Nam to realize the All-pervading Supreme Reality.

Nirankar is one of the many attributes associated to God in Sikhism and means The Formless One.

Waheguru. The word Waheguru is traditionally explained as wahi, which means "wondrous." Guru means "teacher," and together, "wahi" and "Guru" are said to carry the meaning, "The wondrous Lord/teacher who dispels the darkness of ignorance and bestows the light of truth, knowledge, and enlightenment."

Reference:

en.wikipedia.org/wiki/Category:Names_of_God_in_Sikhism

Gurmantra

Waheguru is also called the gurmantra in sikhism. Gurmantra means "the word of the divine," which takes one "from darkness to the lightness," by raising the level of consciousness.

Here is an extended version of the Satnam Waheguruji for morning chants and meditation.

Mantra: Satnam Ji Waheguru Ji

Satnam - The True Name

Waheguru - God.. who is universal, self-illuminated, perpetual and omnipotent.

Audio Sample: youtube.com/watch?v=bz5e9Tp_4HY

Sikh Prayers

- Kirpa Nidh Bashu

**Kirpa Nidh Bashu Ridai Har Nit !!
Taisi Budh Karahu Pargasa Lagai
Parabh Sang Parit!! Rahao !!**

O Lord, ocean of mercy, please abide forever in my heart.
Please awaken such understanding within me, that I may be
in Love with you, God. (Ang-712)

Reference: srigurugranth.net/0712.html

Audio Sample: youtube.com/watch?v=ycUmH_gf23g

- Aadays Tisai Aadays

**Aadays Tisai Aadays.
Aad Aneel Anaad Anaahat Jug Jug Ayko Vays.**

I bow to Him, I humbly bow.
The Primal One, the Pure Light, without beginning,
without end. Throughout all the ages,
He is One and the Same. (ANG 7)

Reference: srigurugranth.net/0007.html

Audio Sample: youtube.com/watch?v=G8sI2EtjoG4

- Sunhu Banantee

**Sunhu Banantee-Aa Su-Aamee Mayray Raam.
Kot Apraadh Bharay Bhee Tayray Chayray Raam.**

Listen to my prayer. O my Lord & Master!
I am filled with millions of sins, but still,
I am Your slave (please forgive me). (ANG 547)

Reference: srigurugranth.net/0547.html

Audio Sample: youtube.com/watch?v=4RuNoGkKsOQ

- i-o kahai naanak

**i-o kahai naanak satgur mili-ai Dhaavat thamiH-aa nij
ghar vasi-aa aa-ay. man tooN jot saroop hai aapnaa mool
pachhaan. man har jee tayrai naal hai gurmatee rang
maan.**

Thus says Nanak: by meeting the True Guru, the wandering
soul becomes steady, and comes to dwell in the home of its
own self.

O my mind, you are the embodiment of the Divine Light -
recognize your own origin. O my mind, the Dear Lord is with
you; through the Guru's Teachings, enjoy His Love.
(ANG 441)

Reference: srigurugranth.net/0441.html

Audio Sample: youtube.com/watch?v=IB9-0fv3sO8

- Abhinaasee Jee

**Abhinaasee Jee-An Ko Daataa Simrat Sabh Mal Kho-Ee.
Gun Nidhaan Bhagtan Ka-O Bartan Birlaa Paavai Ko-Ee.**

He is imperishable, the Giver of all beings; meditating on Him, all filth is removed. He is the treasure of excellence, the object of His devotees, but rare are those who find Him. (ANG 617)

Reference: srigurugranth.net/0617.html

Audio Sample: youtube.com/watch?v=2qRrtnJTdOs

- Ichhaa Poorak Sarab

Ichhaa Poorak Sarab Sukh-Daata Har Jaa Kai Vas Hai
Kaamdhaynaa. So Aisaa Har Dhi-Aa-Ee-Ai Mayray Jee-Arhay
Taa Sarab Sukh Paavahi Mayray Manaa.

The Lord is the Fulfiller of desires, the Giver of total peace; the Kaamadhaynaa, the wish-fulfilling cow, is in His power. So meditate on such a Lord, O my soul. Then, you shall obtain total peace, O my mind.
(ANG 669)

Reference: srigurugranth.net/0669.html

Audio Sample: youtube.com/watch?v=oxwSZnp6KP4

- Ham Deen Moorakh

**Ham Deen Moorakh Aveechaaree Tum Chintaa Karahu
Hamaaree. Hohu Da-I-Aal Kar Daas Daasaa Kaa Sayvaa
Karee Tumaaree. Ayk Nidhaan Deh Too Apnaa Ahinis
Naam Vakhaanee.**

I am humble, foolish and thoughtless, but still, You take care of me. Please be kind to me, and make me the slave of Your slaves, so that I may serve You. Please bless me with the treasure of the One Name, that I may chant it, day and night.
(ANG 1257)

Reference: srigurugranth.net/1257.html

Audio Sample: youtube.com/watch?v=XOSzRe47zPs

Hebrew Prayers and Invocations

Ana Bekoach

This is one of the most ancient and most powerful Kabbalistic prayers in existence. The sequence of Hebrew letters is known as the 42-Letter Name of the Creator. The importance of this prayer is not in the words themselves but in the first letter of each word. The words only help us to make the sounds of each first letter.

By performing the Ana beKo'ach meditation, we enrich our lives with unadulterated spiritual Light and positive energy.

Reference: Kabbalah4All.com

The 42-Letter Name of Ana Bekoach

Scan from right to left

בְּטֶרֶצֶתֶג	נֶגְדֵיכֶשׁ	קֶרַעֲשֵׁתָן	אֶבְגֵּיֶתֶץ
Ba-te-re-tze-teg	Na-ge-de-yi-chash	Ka-re-e Se-tan	E-va-ge-ye-tetz
	שֶׁקֶוֹצִית	יָגֶלְפֹּזֶק	חֶקֶבֶתִּנֶּע
	Sha-ke-ve-tzi-yat	Ya-ge-le-po-sak	Cha-ke-be-ti-na

Blessings

Every blessing recited begins with the same six words:

Baruch Atah Adonai Eloheinu Melech Ha-olam.

The great sages recommended to say at least 100 blessings each day. This practice is aimed to increase gratitude and consciousness of God.

Kavanot

Kavanot literally means "intention" or "sincere feeling, direction of the heart". It refers to the practice where the devotee concentrates, that is mindful intention, on the secret meanings of prayer letters and words, sometimes referring to the permutations of the divine name.

Ana Bekoach

אָנאַ בֶּכַח גְּדֻלַּת יְמִינְךָ תַּתִּיר צְרוּרָה

Ana Be-ko-ach Ge-du-lat Ye-mi-ne-cha Ta-tir Tse-ru-rah

קִבֵּל רִנַּת עַמְּךָ שִׁגְבֵנוּ טְהִירוּנוּ נֹרָה

Ka-bel Ri-nat A-me-cha Sag-ve-nu Ta-ha-re-nu No-rah

נָא גִבּוֹר דּוֹרְשֵׁי יְחִוּדְךָ כְּבַבַּת שְׁמֶיִם

Na Gi-bor Dor-she Yi-chu-de-cha Ke-va-vat Sham-rem

בְּרַחֲמֵי טְהִירוּת רַחֲמֵי צִדִּיקְתֶּךָ תָּמִיד גּוֹמְלִים

Bar-cem Ta-ha-rem Ra-cha-me Tsid-ka-te-cha Ta-mid Gom-lem

חֲסִין קְדוֹשׁ בְּרוּב טוֹבְךָ נִהַל עֲדָתְךָ

Cha-sin Ka-dosh Be-rov Tu-ve-cha Na-hel A-da-te-cha

יְחִיד גֵּאָה לְעַמְּךָ פְּנֵה זִכְרִי קִדְּשָׁתְךָ

Ya-chid Ge-eh Le-a-me-cha Pe-neh Soch-re Ke-du-sha-te-cha

שְׁוַעֲתֵנוּ קִבֵּל וּשְׁמַע צַעֲקֹתֵנוּ יוֹדֵעַ תַּעֲלוֹמוֹת

Shav-a-te-nu Ka-bel Ush-ma Tsa-a-ka-te-nu Yode-a Ta-alu-mot

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד

Ba-ruch Shem Ke-vod Mal-chu-to Le-o-lam Va-ed

Audio Sample: [youtube.com/watch?v=1EdL_TLbHsg](https://www.youtube.com/watch?v=1EdL_TLbHsg)

Blessings

(Transliterations: **ai** or **ay** as in **aisle**; **ei** and **ey** as in **eight**)

Blessing before Meal

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
בוֹרֵא פְּרִי הָאֲדָמָה.

Baruch Atah Adonai Eloheinu Melech Ha´olam, Bore Peri Ha`adamah.

Blessed are You, Adonai our God, Ruler of the universe, Creator of the fruit of the earth.

General Blessings

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁהַכֹּל נִהְיָה בִּרְבִּירוֹ

Baruch Atah Adonai Eloheinu Melech Ha´olam, Shehakol Niheyeh Birbaro.

Blessed is Adonai our God, Ruler of the universe, by whose word all things come into being.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַטּוֹב
וְהַמְּטִיב
עֲשֵׂה מַעֲשֵׂה בְּרֵאשִׁית

**Baruch Atah Adonai Eloheinu Melech Ha 'olam, Oseh
Ma`aseh Bere`shit.**

Blessed is Adonai our God, Ruler of the universe, the Source of
creative power.

**Baruch Atah Adonai Eloheinu Melech Ha 'olam, hatov
vehametiv.**

Blessed is Adonai our God, Ruler of the universe, the Good
One, the Source of good.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
שְׁכַחוּ וּגְבוּרַתוֹ מִלֵּא עוֹלָם

**Baruch Atah Adonai Eloheinu Melech Ha 'olam, Shekocho
Ugvurato Male Olam**

Blessed is Adonai our God, Ruler of the universe, whose power
and might pervade the world.

From the Prayer Book

Barechu

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
שְׁכָכָה לוֹ בְּעוֹלָמוֹ

**Baruch Atah Adonai Eloheinu Melech Ha 'olam, Shekacha
Lo Be`olamo.**

Blessed is Adonai our God, Ruler of the universe, whose world
is filled with beauty.

בָּרְכוּ אֶת־יְהוָה הַמְּבָרֵךְ
בָּרוּךְ יְהוָה הַמְּבָרֵךְ לְעוֹלָם וָעֶד

**Barechu Et Adonai Hamvorach! Baruch Adonai
Hamvorach Le`olam Wa`ed.**

Praise Adonai, to whom our praise is due! Praised be Adonai, to
whom our praise is due, now and for ever!

Shema

שִׁמְעַי יִשְׂרָאֵל: יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד
בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד

Shema Israel: Adonai Eloheinu, Adonai Echad.

Baruch Shem Kevod Malchuto Le`olam Vaed.

Hear O Israel: Adonai is our God, Adonai is One!

Blessed is God`s glorious kingdom for ever and ever!

Adonai Melech

יְהוָה מֶלֶךְ יְהוָה מֶלֶךְ, יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד

**Hashem melech, Hashem malach, Hashem Yimloch
Le`olam Vaed**

The Name reigns, The Name has reigned, The Name shall reign
for ever and ever.

Ve`ahavta

וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ בְּכָל-לִבְבְּךָ וּבְכָל-
נַפְשְׁךָ וּבְכָל-מְאֹדְךָ

**We`ahavta Et Adonai Eloheinu Bechol-Levavecha
Uvechol-nafschecha Uvechol-me`odecha.**

You shall love Adonai your God with all your mind, with all your
strength, with all your being.

Mi Chamochah

מִי־כַמֹּכָה בְּאֵלִים, יְהוָה

מִי כַמֹּכָה, נָאֲדָר בִּקְדֹשׁ

נוֹרָא תְהִלָּת, עֹשֶׂה פֶלֶא?

Mi-chamochah Ba`elim, Adonai?

Mi kamochah, Ne`dar bakdesh,

Nora Tehilot, Oseh Fele?

Who is like You, Eternal One, among
the gods that are worshiped?

Who is like You, majestic in holiness,
awesome in splendor, doing wonders?

Avot

בְּרוּךְ אַתָּה, יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,
אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב:
הָאֵל הַגָּדוֹל, הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֶלְיוֹן

Baruch Atah Adonai Eloheinu Velohei Avoteinu, Elohei Avraham, Elohei Yitzchak, Velohei Ya`akov: Ha`el Hagadol, Hagibor Vehanora, El Elyon.

We praise You, Adonai our God and God of all generations: God of Abraham, God of Isaac, God of Jacob; great, mighty, and awesome God, God supreme.

Names of God

E-lo-him	אֱלֹהִים	Gods of Power and Might	<i>Gen. 1:1</i>
El El-yon	אֵל עֶלְיוֹן	The Most High God	<i>Gen. 14:18</i>
A-do-nai	אֲדֹנִי	Lord, Master	<i>Gen. 15:2</i>
El Sha-day	אֵל שַׁדַּי	The Almighty Lord	<i>Gen. 17:1</i>
El O-lam	אֵל עוֹלָם	The Everlasting Lord, the Eternal God	<i>Gen. 21:33</i>
Elo-hey Av-ra-ham, Yitz-chak, ve`Ya-akov	אֱלֹהֵי אַבְרָהָם יִצְחָק וַיַּעֲקֹב	God of Abraham, Isaac, and Jacob	<i>Exod. 3:6</i>
Ehe-ye Asher Ehe-ye	אֶהְיֶה אֲשֶׁר אֶהְיֶה	I AM THAT I AM	<i>Exod. 3:14</i>
Yod-He-Vav-He (Ye-ho-vah)	יְהוָה	1. He Will Become; 2. He who causes to be; 3. He was, is and will be;	<i>Exod. 6:2</i>
Ye-ho-vah Ro-fe	יְהוָה רֹפֵא	The Lord Who Heals	<i>Exod. 15:26</i>
Ye-ho-vah Ni-si	יְהוָה נְסִי	The Lord My Banner	<i>Exod. 17:15</i>

Ye-ho-vah Me-ka-dish-chem	יְהוָה מְקַדְּשְׁכֶם	The Lord Who Sanctifies You	Exod. 31:13
El Ne-e-man	אֵל נֶאֱמָן	The Faithful Lord	Deut. 7:9
Adonai Tzevaot	יְהוה צְבָאוֹת	The God of Jeshurun	Jes. 3.6
Yehova Ma-gen	יְהוָה מָגֵן	The Lord, Shield	Deut. 33:29
El Chay	אֵל חַי	The Living God	Josh. 3:10
Yehova Shamah	יְהוָה שָׁמָּה	The Lord is there	Ezekiel 48:35

Reference: biblica.com/bible/

13 Attributes of God

1. Y-H-V-H as source: recognizing God sparks in everything
2. Y-H-V-H as primordial generosity: giving never stops
3. Humility: the strength to yield
4. Compassion
5. Grace
6. Patience
7. Unconditional Love
8. Truth; complete dependability; loyalty
9. Forgiveness
10. Tolerance
11. Restraint
12. Kindness
13. Letting go; releasing; cleansing; not holding anger.

Reference: David A. Cooper. Ecstatic Kabbalah.

Remembrance of God

Meditation: Scan each letter combination with your eyes while repeating the sacred Names "El Yo-he-va-he El Adonai El Shadai".

אֵל יְהוָה אֵל אֲדֹנֵי אֵל שַׁדַּי

El Yo-He-Va-He, El Adonai
El Shadai

אֵיְהוָה יְהוָה אֵיְיְהוָה	אֶהְיֶה יְהוָה אֶיְהוָה	אֶהְיֶה יְהוָה אֶיְהוָה
הֵיְהוָה הֵיְהוָה הֵיְהוָה	הֵיְהוָה הֵיְהוָה הֵיְהוָה	הֵיְהוָה הֵיְהוָה הֵיְהוָה
יְהוָה יְהוָה יְהוָה	יְהוָה יְהוָה יְהוָה	יְהוָה יְהוָה יְהוָה
הֵיְהוָה הֵיְהוָה הֵיְהוָה	הֵיְהוָה הֵיְהוָה הֵיְהוָה	הֵיְהוָה הֵיְהוָה הֵיְהוָה

Reference: Shorshei HaShemot (שרשי השמות - ב)

אחתריאל יה יהוה צבאות הדירירון

Achatrì`el Yah Yo-He-Va-He
Tseva`ot Hadiriron

יהוה	יהוה	יהוה	יהוה
יהוה	יהוה	יהוה	יהוה
יהוה	יהוה	יהוה	יהוה
יהוה	יהוה	יהוה	יהוה
יהוה	יהוה	יהוה	יהוה
יהוה	יהוה	יהוה	יהוה
יהוה	יהוה	יהוה	יהוה

Reference: Shorshei HaShemot (שרשי השמות - שג)

ברוך אתה יהוה א להינו מלך העולם

Baruch Atah Adonai Eloheinu
Melech Ha`olam

אדני	אֲדֹנֵי	אֲנֹדִי	אניד	אֵינִד	אִידֵנ
דְּנִיָּא	דְּנִיָּאִי	דִּינָא	דִּיאֵנ	דִּאֵינ	דִּאֵנִי
נִיָּאד	נִיָּאֵד	נֵאִיד	נֵאִדִי	נִדֵּאִי	נִדֵּאֵי
יֵאֲדֵנ	יֵאֲדֵנִי	יֵדֵנָא	יֵדֵנָאֵי	יֵנֵדָא	יֵנֵדָאֵי

Reference: Shorshei HaShemot (שרשי השמות – י-יא)

קדוש קדוש קדוש יהוה צבאות מלא כל־הארץ כבודו

**Ka-dosh, Ka-dosh, Ka-dosh, Adonai Tze`va-ot
Me-lo Chol-ha-a-retz Ke-vo-do.**

Holy, Holy, Holy, is the Lord of Hosts; the whole earth is full of his glory. (Isaiah 6.3)

Persian Prayers and Invocations

- **About Zoroastrianism**

Zoroaster was a prophet who lived in eastern Iran around 600 BC. His teachings arose from his visions of God and became known as Zoroastrianism.

The main teachings of Zoroastrian theology include the existence of a God and that personal happiness or reward is the natural outcome of using free will for good thoughts, good words, and good deeds.

Zoroaster respected all life and was himself a pure vegetarian, forbidding all animal sacrifices. His universal philosophy is said to have influenced Greek thought and even Buddhism. The sacred writings of Zoroastrianism are collected in the Avesta.

Reference: youtube.com/watch?v=hRN37qkHVp4

- **Three Major Avestan Manthras**

Avestan Mantras of Zarathustra are often almost impossible to translate. The words often have multi-layered meanings and are meant to evoke a specific sound vibration. First and foremost, they are holy words of power.

The three Major Avestan Manthras are:

- Jasa Me Avanghe Mazda
- Ashem Vohu
- Yatha ahu vairyo

JASA ME AVANGHE MAZDA

Translation: Come to my aid, O Mazda!

Audio-Sample: youtube.com/watch?v=rxbr9JAPfLc

ASHEM VOHU

Ashem Vohu Vahishtem Asti

Ushtà Asti Ushtà Ahmài

Hyat Ashài Vahishtài Ashem

Translation:

Asha is the best good;

As desired, all desired things shall be for us.

Asha for him who is the Highest Asha.

Comments

This prayer is a mantra, focussing the mind on Asha.

The language is archaic and the syntax is full of ambiguities, so interpretations vary widely.

Audio-Sample: youtube.com/watch?v=M3efC0cgIAA

youtube.com/watch?v=3N0zMY1iTvs

YATHA AHU VARIYO

Yatha ahu vairyo

Atha ratush ashat chit hacha

Vangheush dazda manangho

Shyaothananam angheush Mazdai

Khshathremcha Ahurai a

Yim drigubyo dadat vastarem.

Audio-Sample: youtube.com/watch?v=qCbWD-t-IH8

Reference:

heritageinstitute.com/zoroastrianism/worship/healingprayer.htm#manthra

zoroastrians.net/2014/12/03/zoroastrian-daily-prayers/

Quotes and Prayers

Doing good to others is not a duty. It is a joy, for it increases your own health and happiness. (Zoroaster)

Turn yourself not away from three best things: Good Thought, Good Word, and Good Deed. (Zoroaster)

When we are in doubt whether an action is good or bad, abstain from it. (Zoroaster)

One good deed is worth a thousand prayers. (Zoroaster)

Unfold Yourself within me, O Lord. Grant me strength of character through Right-Mindedness. Through the holiest spirit, O Lord, grant me goodness as a reward for prayer. Grant me a life full of vigour through Truth, and may the pure Mind look after me. (Yasna 33:12)

Then Zarathushtra said: 'Reveal unto me that name of thine, O Ahura Mazda! that is the greatest, the best, the fairest, the most effective, the most fiend-smiting, the best-healing, that destroyeth best the malice of Daevas and Men . . .

Chapter title: Ohrmazd Yasht (Hymns to Ahura Mazda)

In the name of God. I praise and invoke the creator Ormazd (Ahura Mazda), the radiant, glorious, omniscient, maker, Lord of lords, King over all kings, watchful, Creator of the universe, giver of daily bread, powerful, strong, eternal, forgiver, merciful, loving, mighty, wise, holy, and nourisher.

Khorda Avesta (Book of Common Prayer), Chapter title: Niyayeshes (Litanies), Section title: Khwarshed Niyayesh (Litany to the Sun)

We worship the souls of the holy men and women, born at any time, whose consciences struggle, or will struggle, or have struggled, for the good.

Khorda Avesta, Chap. XIII (Frawardin Yasht (Hymns to the Angels)), sec. 154

101 Names of God

1. Ya Yazd Worthy of Worship	2. Harvesp-tavàn All-Powerful	3. Ya Harvesp-àgàh All-Knowing
4. Ya Harvasp-khuda Lord of All	5. Ya Abadah Without Beginning	6. Abi-anjàm Without End
7. Ya Bùn-e-shtièh Root of Creation	8. Ya Fràkhtan-tèh Endless Bliss	9. Ya Jemag Primal Cause
10. Ya Parjatarah Exalted One	11. Ya Tum-afik Purest of the Pure	12. Ya Abaravand Separate from All
13. YA Paravandà Connected to All	14. Ya An-aiyàfahe Unattainable	15. Ya Ham-aiyàfahe Attainer of All
16. Ya Àadaro Most Straightforward	17. Ya Girà Upholder of All	18. Ya A-chem Beyond Reason(Without Cause)
19. Ya Chamnà Sovereign Reason	20. Ya Safnà Creator of Progress	21. Ya Afzà Ever-Prolific
22. Ya Nàshà Who Reaches Everyone Equally	23. Ya Parvrà Nourisher	24. Ya Paànah Protector of the World
25. Ya Àayin-àenah Never Changing	26. Ya An-ainah Formless	27. Ya Khroshid-tum Most Steadfast

28. Ya Minò-tum Most Invisible	29. Ya Vàsna Omnipresent	30. Ya Harvastum All-in-all
31. Ya Hu-sepàs Worthy of Thanks	32. Ya Har-hamìd Completely Good	33. Ya Har-nek Farèh All-embracing Holy Light
34. Ya Bish-tarnà Remover of Suffering	35. Ya Taro-bish Beyond Affliction (Mysterious)	36. Ya Anah-aoshaka Everlasting, Immortal
37. Ya Farsak Grantor of Wishes	38. Ya Pajoh-dehad Creator of Holy Attributes	39. Ya Khvàfar Compassionate Judge
40. Ya Avakshiaeya Merciful Giver	41. Ya Abarja Bountiful Giver	42. Ya A-Satoh Unconquerable (Beyond Anger)
43. Ya Rakhoh – All Free (Independent without Worry)	44. Ya Varun Deliverer from Evil	45. Ya A-farèfah Never Deceifing
46. Ya Be-farèfah Never Deceived	47. Ya A-dui Without Duality	48. Ya Kame-rad Lord of Wishes
49. Ya Farman-kàm Decreeer of Sovereign Desire	50. Ya Aaekh-Tan Without Body	51. Ya A-farmosh Never-Forgetting
52. Ya Hamàrna Just Accountant	53. Ya Sanaeaa All-knowing	54. Ya A-tarsh Fearless
55. Ya A-Bish Devoid of Pain	56. Ya A-frajdum Most Exalted One	57. Ya Ham-chun Always the Same

58. Ya Mino-stih-gar Invisible Creator of the Universe	59. Ya A-mino-gar Creator of the Spiritual	60. Ya Mino-nahab Hidden within the Spirit
61. Ya Adar-bad-gar Transmuter of Fire into Air	62. Ya Adar-nam-gar Transmuter of Fire into Water	63. Ya Bad-adar-gar Transmuter of Air into Fire
64. Ya Bad-nam-gar Transmuter of Air into Water	65. Ya Bad-gel-gar Transmuter of Air into Earth	66. Ya Bad-gerad-tum Transmuter of Air into Wind
67. Ya Adar-kibrit-tum Transmuter of Fire into Divine Sparks	68. Ya Bad-gar-jae Spreading Air Everywhere	69. Ya Aab-tum Creator of Water
70. Ya Gel-adar-gar Transmuter of Dust into Fire	71. Ya Gel-vad-gar Transmuter of Dust into Air	72. Ya Gel-nam-gar Transmuter of Dust into Water
73. Ya Gar-gar Master Craftsman	74. Ya Gar-ò-gar Rewarder of Desires	75. Ya Gar-à-gar Creator of Humanity and its Actions
76. Ya Gar-à-gar-gar Creator of All Human and Animal Life	77. Ya À-gar-à-gar Creator of All Four Elements	78. Ya A-gar-à-gar-gar Creator of All Plants and Other Worlds
79. Ya A-guman Without Doubt	80. Ya A-jaman Ageless	81. Ya A-Khuan Eternally Awake

82. Ya Amasht Ever Alert	83. Ya Fashatana Ever Protecting	84. Ya Padmani Recorder of Man's Actions
85. Ya Firozgar Victorious	86. Ya Khudavand Lord of the Universe	87. Ya Ahura-mazd Lord Wise
88. Ya Abarin-kuhan-tavàn Preserver of the Originality of Creations	89. Ya Abarin-no-tavàn Renewer of Creation	90. Ya Vaspàn Embracing All Creatures
91. Ya Vaspàr Giver of All Things	92. Ya Khavar Infinitely Patient	93. Ya Ahu Lord of Existence
94. Ya Avakh-shidar Forgiver of Sins	95. Ya Dadar Creator of Justice	96. Ya Rayomand Rayed Glory
97. Ya Khore-homand Haloed Light	98. Ya Davar Lord of Justice	99. Ya Kerfegar Lord of Just Rewards
100. Ya Bokhtar Liberator	101. Ya Fasho-gar Awakener of Eternal Spring	

Audio Sample:
ahuramazda.com/pages/101_names_of_ahuramazda_.html

Reference: en.wikipedia.org/wiki/101_Names_of_God

Last Word



I dedicate this report to all my great masters and to my personal deity. I offer this merit to the great enlightenment of all sentient beings.

First of all, I would like to thank everyone who made this project possible. I am not the author. I just compiled the information from various resources. I want to thank all the experts in this field for their contribution.

The purpose was to present powerful tools for spiritual practice and mental support. Many books were consulted. Here is basically something for everyone to improve spirituality.

If you have better knowledge about "spiritual growth and development" feel free to let me know. Any esoteric field is welcome.

Sharing is Caring! Feel free to distribute copies of the product to the public.

Wish you all the best
Yogi Max

For more Information visit: yoga-for-max.blogspot.com/

Credits

- **Resources**

Websites

openbible.info/topics;
quran411.com
greenmesg.org;
en.wikipedia.org;
srigurugranth.net
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Kabbalah4All.com;
biblica.com/bible/
zoroastrians.net;
ahuramazda.com

Famous dialogue in Guru Granth Sahib -
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Guru Granth Sahib in original language - sikhnet.com/files/ereader/SGGS%20%5BGurmukhi%5D.pdf

Quran in original language - archive.org/details/quranwithbigfont/mode/2up

Books

Abhinavagupta`s Commentary on the Bhagavad Gita.
Easwaran Eknath. Upanishads.
David A. Cooper. Ecstatic Kabbalah.
Moshe Zacuto. Shorshei HaShemot

- **Illustrations**

Religious symbol

https://commons.wikimedia.org/wiki/File:Religious_syms_bw.svg

Khanda original (Sikhism)

https://commons.wikimedia.org/wiki/File:Khanda_original.png

Ayat Ul Kursi (The Throne-Vers) as Calligraphy |
Reference: Pinterest

Ayat Ul Kursi in framed border with Thuluth calligraphy |
Reference: Pinterest